Monday, November 4, 2013

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IN ITS FIRST 10 YEARS MOVEMBER HAS RAISED MILLIONS OF DOLLARS FOR PROSTATE AND TESTICULAR CANCER RESEARCH PAGES 22-23

Own up and face justice, Snowden told

NSA whistleblower writes in letter, 'speaking the truth is not a crime'; the White House disagrees PAGE 12

Bitstrips lets you do away with words

Canadian avatar-making comic app is capturing the imagination of Facebook users around the world PAGE 17

Leafs in the hurt locker

Injuries are keeping two key players off the ice, which means Leafs must rally around each other. Challenge accepted PAGE 29

NEWS WORTH SHARING.

COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing, an exclusive 20-chapter fiction story, TEMP, in Metro each weekday starting today until Nov. 29. The series is focused on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left, Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 3 and 15 for more. DAVID VAN DYKE/METRO

Should alleged crack video be released?

Must-see TV for many. Police often show videotape evidence to the public, lawyer argues, so why not now?

One-man show

"The only guy in it has asked for its release, so at this point there is no longer privacy concerns."

John Struthers, criminal lawyer

There may be no legal barrier preventing Police Chief Bill Blair from releasing the video that appears to show Mayor Rob Ford with a crack pipe.

On his radio show Sunday, Ford said police should immediately release the video that his friend, Alexander "Sandro" Lisi, has been charged with trying to retrieve. Lisi was charged with extortion last week.

"I believe that this video — I want the police chief, Bill Blair, to release this video, for every single person in the city to see," Ford said. His lawyer, Dennis Morris, has already called on police to release the video, recovered from a deleted hard drive, because it might show Ford smoking something other than crack cocaine.

Toronto police spokesman Mark Pugash says it's not up to police to release evidence to the public. "The courts, alone, have the authority to decide what can be released."

But prominent criminal lawyer John Struthers said that if that's the case, why do police stage press conferences where seized guns, drugs and money are on display? They also release videotape surveillance of shootings and evidence of robberies and TTC videos, he noted.

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MORE FORD COVERAGE ON PAGES 4 AND 6

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Letter from the editor

Young, smart and living in an uncertain world

CHARLOTTE EMPEY
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each weekday from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

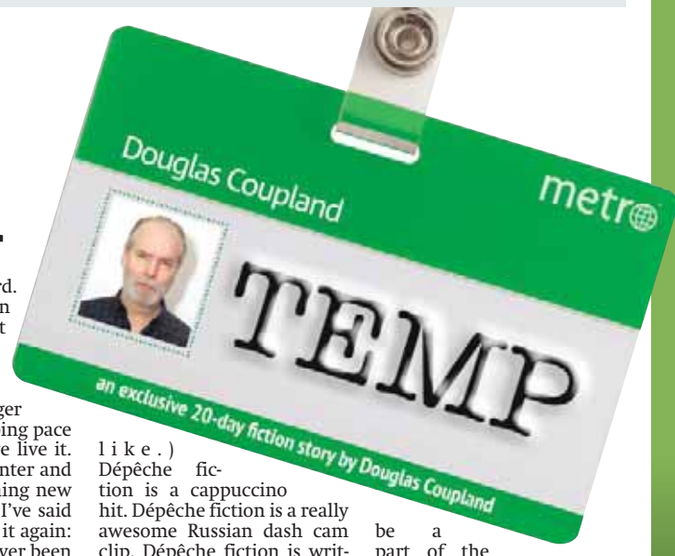
When Douglas approached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas' take on tomorrow?

Read on! The first installment is on page 15.

Like alien eggs inside your brain



Dépêche fiction

A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.

In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the bad stuff? That's what Shannon's all about.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is… it's freaky and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depeche Mode, a band I totally like.)

Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

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Radio address falls on deaf ears as residents call Ford unfit for office

'Put it down! The crack and the crown!'
Drama has gone on too long, say weary citizens

Mayor Rob Ford's apology on his Sunday radio show did little to appease the Torontonians the remarks were directed at.

Many said the apology from their embattled mayor was too little, too late.

"He hasn't done the worst job as the mayor. But his personal life impacts his image and the city's image," said Herder Santos, 30. "In general, the city's still doing pretty good under his regime. But like I said, his personal life is too chaotic."

Santos, who runs his own drywall company, said even if the mayor made a more specific apology to address specific allegations, it's too late to make a difference.

"At this point in time, he's just denied it too much. And the people that he's with are not the type of people who you would expect to be in office," Santos said.

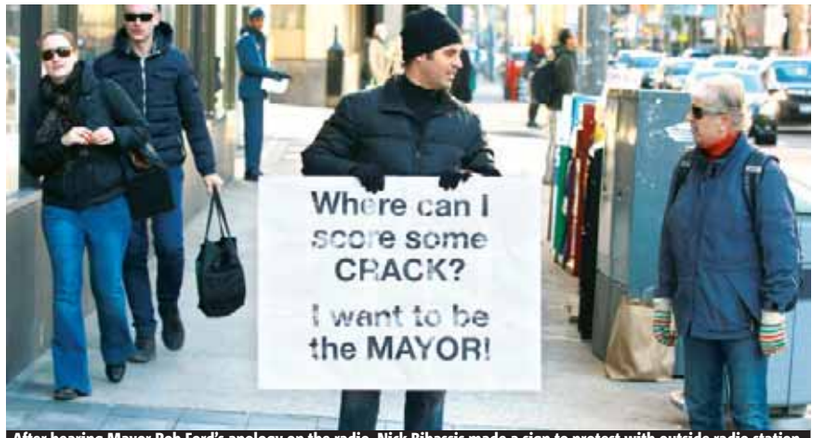
In his apology, Ford said he was not perfect and has made mistakes.

"If you made mistakes, you should have the courage to resign," said Adlan Taramob, 28.

"I think that any regular person doing the most basic job would have been fired long ago for things like this," Taramob said.

Outside the radio station where Ford made his remarks on Sunday, opponents were even more vocal.

Ray Fredette showed up to the radio station before the Fords hit the air, carrying a sign reading, "We need a real mayor" and "Mayor in name only."



After hearing Mayor Rob Ford's apology on the radio, Nick Bibassis made a sign to protest with outside radio station CFRB NewsTalk 1010 on Sunday. STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto needs someone who can demonstrate leadership skills such as honesty, co-operation and sobriety, Fredette said.

Zohar Nameri, 10, also expressed her distaste for the mayor, holding a "Put it down! The crack and the crown" sign outside of the NewsTalk station.

"He's being a bad influence," Zohar said. "I don't think it's good for the mayor to be smoking such an illegal drug."

Ford is "an embarrassment to the city," said her mom, Eden Nameri, who sported a "Ford Must Go" button on her lapel.

Nameri said she hoped Ford would announce a leave of absence while on the airwaves Sunday, but said she wasn't surprised that he didn't. But whether the mayor will physically be able to sustain the rigours of his lifestyle and of his position remains to be determined, Nameri said.

"I'm concerned the next headline might be tragic."

TORSTAR NEWS SERVICE

Worst-case scenario

"I'm concerned the next headline might be tragic."

Eden Nameri, who sported a "Ford Must Go" button

Mayor's apology not enough, say councillors

Rob Ford on his Sunday radio show. MARK BLINCH/THE CANADIAN PRESS

Coun. Michael Thompson is an ally of Mayor Rob Ford on council, but he heard Ford's apology on the mayor's radio show Sunday and it didn't satisfy his concerns.

"I'm not quite sure what the apology was for, firstly," said Thompson. "I think it's essential for the mayor to still take some time away from the matter of governance to reflect on some of the challenges and whatever it is that the mayor's apologizing for."

That was the message — not to step down, but to take a leave of absence and get help — conveyed to Ford by his cabinet-like executive committee, said Thompson.

Peter Milczyn, another councillor who sits on the executive committee, said he was also disappointed by the broadcast.

"He certainly wasn't clear about what he was apologizing for, didn't seem to acknowledge any issues that he has other than some vague comment about he's going to try and get his life together or something like that, and then he was going on the offensive," said Milczyn.

Ford's longtime detractors were even more outspoken Sunday.

"Toronto needs a new mayor," tweeted Coun. Josh Matlow minutes into the broadcast.

Coun. Adam Vaughan said he listened to the Fords' radio broadcast for a few minutes then turned it off.

TORSTAR NEWS SERVICE

Long-standing opinion

Coun. Jaye Robinson — whom Rob Ford fired from the executive committee for suggesting he take time off to deal with his "personal issues" — said she was disappointed that the mayor failed to "clearly respond to very serious allegations" and continues to believe he should step aside.

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CANADA POST POSTES CANADA

Loved ones mark Yatim's 19th birthday

Memorial. Young man's fatal shooting ignited public outrage and intense debate over police use of force

Sammy Yatim would have turned 19 on Tuesday, Nov. 5. On Sunday afternoon his mother and sister marked the birthday he'll never have by taping pictures and flowers to a phone pole at the corner of Dundas Street and Bellwoods Avenue.

That's roughly where Yatim was hit by eight bullets and then Tasered during a confrontation with Toronto police. He was alone on a streetcar, holding a knife, when officers surrounded the vehicle shortly after midnight on July 27. Yatim died in hospital.

Yatim's mother, Sahar Bahadi, and his sister Sarah were joined by about a dozen friends and relatives. They remembered him in silence. They made no formal remarks and declined to speak to reporters.

Sarah wrote on the metal pole in black marker: "To my hero. Happy 19th birthday. Have a great one up there. I love you. Gone but never forgotten. Sarah <3." TORSTAR NEWS SERVICE

Investigation

Frank Iacobucci, a retired Supreme Court justice, is leading an internal police probe of the shooting, expected by the end of 2013. The Yatim family has said that Sammy had no history of mental illness or violence.

Sammy Yatim's mother, Sahar Bahadi, left, weeps on Sunday as she marks the 19th birthday her son won't get to celebrate. MADHAVI ACHARYA/TORSTAR NEWS SERVICE

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Recovery. Ford might want to find some better friends: Psychologist

Mayor Rob Ford is going to need a long-term plan — and perhaps some new friends — if he is going to make good on his promise to change his life around, says a University of Toronto psychology professor.

Ford made the vow on his Sunday afternoon radio show, apologizing and taking responsibility for his "mistakes."

The declaration "sounds like a step in the right direction, but it's one step of many for what is, in all likelihood, a long-haul problem," said Jordan B. Peterson, who is also a clinical psychologist.

"One of the things that would be helpful would be to have a real plan, like a vision of what his life would be like three to five years from now, without the troubles he's involved in now," said Peterson. "It's not just a matter of stopping bad habits.... You need to do something else, and that can mean you have to have new friends and figure out new ways to behave at social events."

Quoted

"There's some virtue in the fact that (Ford) is loyal, but you're not obligated to be loyal to people whose behaviour is harming you."

Jordan B. Peterson, psychology professor

Peterson said, for any plan to work, Ford will have to specifically identify his problems. He emphasized that any shot at improvement could hinge on the kinds of people with whom Ford surrounds himself.

Aside from Alexander (Sandro) Lisi, Ford is also known to be associated with Bruno Bellissimo, a crack addict.

"With his old friends, they have to decide whether they're going to help him stop doing what he's doing, or whether (Ford) needs some new friends," he said.

TORSTAR NEWS SERVICE

Mayor Rob Ford was seen "stumbling" down the street near the Esplanade on St. Patrick's Day 2012. COURTESY JENNIFER GORDON

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Another CN Rail train jumps tracks, less than 100 km from last crisis

Hazardous goods.
County assures that tanker carrying sulphur dioxide did not rupture

Investigators and workers go over the scene of a CN train derailment west of Edmonton, near Peers, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

There has been another derailment of a CN Rail train, this time near the hamlet of Peers in west-central Alberta.

A news release from Yellowhead County says 13 cars were involved — 12 carrying lumber and one tanker with sulphur dioxide.

The county says the sulphur dioxide is categorized as a dangerous-goods cargo, but added that the tanker wasn't leaking.

Yellowhead County says its fire chief went to the scene but that CN didn't ask for assistance because there wasn't a fire or any immediate safety concerns for residents.

The derailment is less than 100 kilometres from the scene of last month's train disaster in Gainford, in which roughly 100 residents were forced from their homes.

Rail cars laden with petroleum products caught fire, and it took days for the fires to burn themselves out.

THE CANADIAN PRESS

Surreal battle. Neighbours fight off polar bear attack

Mitch Paddock was at a friend's house in what's known as the polar bear capital of the world early Friday when he heard a woman scream.

He ran outside and saw his neighbour, who he and others have identified as Bill Ayotte, on the ground being mauled.

"He was on his back; the bear was right on top of him with both paws," Paddock said Saturday from Churchill, Man.

Ayotte had run out to help the woman, Paddock said. He explained that the man hit the animal with a shovel, giving the woman time to flee.

But then Ayotte was the one in serious trouble.

Paddock said he raced into his house to grab a shotgun that shoots firecracker shells, which are designed to scare wildlife. He said many people in Churchill have them.

He ran back to the scene in his socks and began firing, but the bear remained undeterred.

"Another neighbour … was throwing shoes," he said. "One of my neighbours was standing on the deck in his underwear, shooting at him, too.

Mauling

"It was pouncing on him. That's what polar bears do.... He was kind of jumping on Bill's chest."
Witness Mitch Paddock

"Eventually I hit him in the side with one of these cracker shells, and … he ran away."

But the bear only ran a few metres before resuming the attack. At that point, Paddock said the neighbour who was also shooting jumped into his pickup truck and drove up to the animal while honking the horn. That eventually drove the bear away, he said.

Police said Ayotte, 69, suffered lacerations and was taken to hospital in stable condition. The woman, who police said was 30, was in the same state.

Manitoba Conservation said they fatally shot two bears. A spokesman said it's not normal practice to automatically shoot bears, but that's what the situation required.

THE CANADIAN PRESS

Age of consent

Vatican changes — progress or PR?

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed?

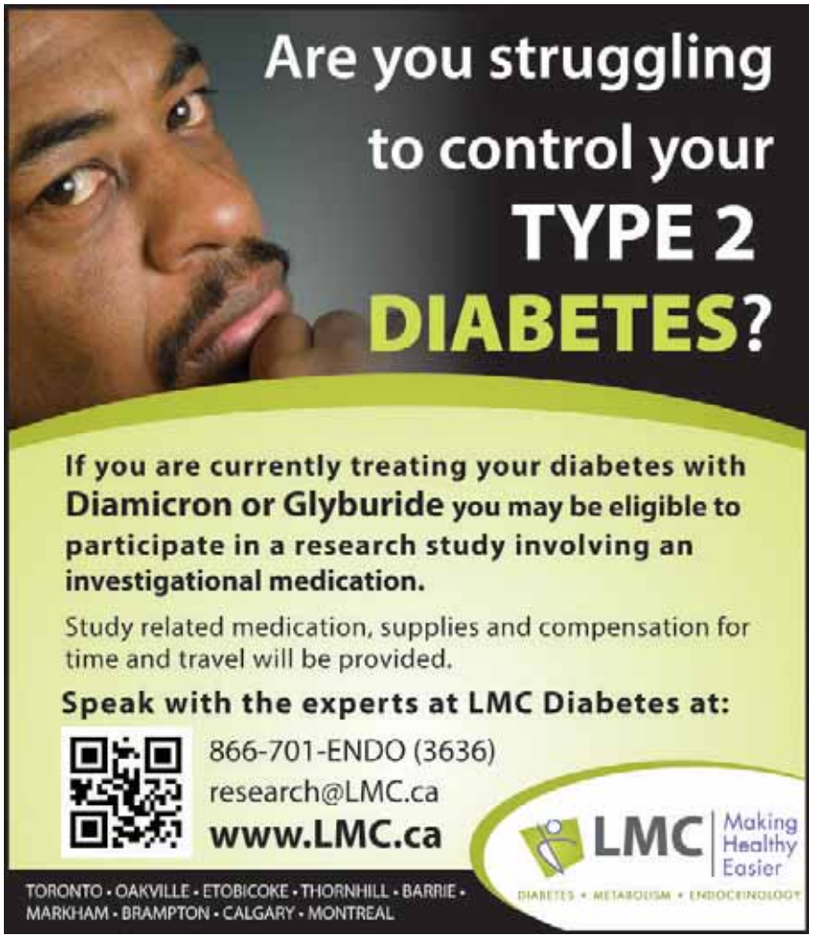
Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Pope Francis overhauled the criminal code, in part to comply with international treaties such as the UN Convention on the Rights of the Child.

Now, sex with a person under the age of 18, prostitution or possession of child porn can be punished by up to 12 years in prison.

Critics say this hasn't changed anything and is a feel-good gesture to help generate positive headlines.

The Vatican also made it a crime to leak information about criminal activity to anyone outside the church — punishable by up to eight years in prison.

VAWN HIMMELSBACH/FOR METRO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No serious injuries. Two planes carrying skydivers collide in Wisconsin

Mike Robinson was at 12,000 feet, just seconds away from his last jump of the day, when a second plane carrying other skydivers struck the aircraft he was in, sending them all tumbling toward the ground.

None of the nine skydivers or two pilots sustained serious injury when the two planes collided in midair Saturday evening in far northwest Wisconsin near Lake Superior. Authorities still didn't know Sunday what caused the accident.

Robinson, an instructor and safety adviser for Skydive Superior, said he and three other skydivers were in a lead plane Saturday, and all four had climbed out onto the step to jump. The plane behind theirs had five skydivers on board, three ready to jump and two still inside the plane.

"We were just a few seconds away from having a normal skydive when the trail plane came over the top of the lead aircraft and came down on top of it," he said. "It turned into a big flash fireball and the wing separated."

Slow-motion free fall

"We're seeing it's on fire and there are just parts of the airplane floating in the air with us."

Mike Robinson, instructor and safety adviser for Skydive Superior

"All of us knew we had a crash.... The wing over our head was gone, so we just left," he added.

The three skydivers who were on the step of the second plane got knocked off on impact, Robinson said, and the two inside were able to jump. The pilot of Robinson's plane ejected himself, and the pilot of the second plane landed the aircraft safely at Richard I. Bong Airport, where it took off.

Robinson said the skydivers had parachutes that allowed them to steer themselves away from the debris, and toward the planned landing spot.

THE ASSOCIATED PRESS

Watching where the sun still shines

Men wear welding goggles to watch a partial solar eclipse in Lagos, Nigeria, Sunday. A rare solar eclipse swept across parts of the U.S., Africa and Europe on Sunday with some areas witnessing a total blackout and others experiencing a partial version. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Chicago

Small alligator found in airport

A small alligator found under an escalator at Chicago's O'Hare International Airport has left authorities puzzled.

A maintenance worker discovered the alligator, which is about a foot long, on Friday in Terminal 3, Chicago Police spokesman Jose Estrada said Sunday. An officer captured the reptile by putting a trash can over it. **THE ASSOCIATED PRESS**

Germany

Second World War bomb defused

German authorities safely defused a huge bomb left over from the Second World War after evacuating large parts of the western city of Dortmund. About 20,000 people were taken to safety before experts moved in to defuse the unexploded 4,000-pound bomb Sunday that was discovered by analyzing old aerial photographs. **THE ASSOCIATED PRESS**

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‘No clemency’ for Snowden: Officials

A ‘terrible idea.’
Whistleblower made the plea in a letter saying ‘speaking the truth is not a crime’

In this image taken in September and made available by the Rossiya 24 TV channel, Edward Snowden looks at a photographer on a boat during a trip on the Moscow River. LIFENEWS/ROSSIYA 24/THE ASSOCIATED PRESS

The White House and the leaders of the intelligence committees in Congress are rejecting National Security Agency-contractor Edward Snowden’s plea for clemency.

“Mr. Snowden violated U.S. law,” White House adviser Dan Pfeiffer said Sunday about the former systems analyst turned fugitive who has temporary asylum in Russia.

“He should return to the U.S. and face justice,” Pfeiffer said, adding when pressed that no offers for clemency were being discussed.

Snowden made the plea in a letter given to a German politician and released Friday. In his one-page typed letter, he asks for clemency for charges over allegedly leaking classified information about the NSA to the media. “Speaking the truth is not a crime,” Snowden wrote.

But the head of the Senate Intelligence Committee said if Snowden had been a true whistleblower, he could have reported it to her committee privately. “That didn’t happen, and now he’s done this enormous disservice to our country,” said Democratic Sen. Dianne Feinstein. “I think the answer is no clemency.”

The chairman of the House Intelligence Committee, Rep. Mike Rogers, called clemency for Snowden a “terrible idea.” THE ASSOCIATED PRESS

Dozens killed in wedding attack

Suspected Islamic militants attacked a wedding convoy in northeast Nigeria, killing more than 30 people, including the groom, a government spokesman said Sunday.

Military spokesman Lt. Col. Muhammed Dole said only five people were killed in Saturday’s attack on the highway between Gama and Gwoza towns in Borno state that runs alongside forests known as a hideout of Islamic militants of Boko Haram.

But a minibus taxi driver said he passed many bodies on the road near Firgi village, where the wedding ceremony took place Saturday.

“We saw a lot of dead bodies killed by gunshots and some by the roadside that appeared to have been slaughtered” with their throats slit, the driver, identified as Shaibu, said Sunday.

Adamawa state spokesman Ahmad Sajoh said the wedding fatiha, the official Muslim ceremony, had taken place in Firgi village in neighbouring Borno state and the groom and guests were driving home to Adamawa when they were attacked. THE ASSOCIATED PRESS

New reality after Boston Marathon bombings

A counterterrorism police officer uses a metal-detecting wand at a security checkpoint at the 2013 New York City Marathon on Sunday. The race saw increased security in the wake of the April bombings at the Boston Marathon. KATHY WILLENS/THE ASSOCIATED PRESS

French soldiers carry the casket of one of the two Radio France Internationale journalists executed in northern Mali, during a military ceremony at Bamako military airport in that country. GILLES GESQUIERE/ECPAD/THE ASSOCIATED PRESS

Two journalists shot to death in northern Mali

Kidnapped. Radio France Internationale editor says site showed no fighting, gunfire; 'it was an execution'

Two veteran French journalists kidnapped and killed in northern Mali were shot to death, French authorities said Sunday, as questions emerged about how the gunmen managed to carry out the attack near a town where both French troops and UN forces are based.

The slayings of Ghislaine Dupont, 51, and Claude Verlon, 58, shocked France and underscored how insecure parts of northern Mali remain months after a French-led military intervention against al-Qaida and other extremists.

The new details failed to clarify who was behind the killings and why the pair was targeted. THE ASSOCIATED PRESS

Rebel-controlled town

The Radio France Internationale journalists were kidnapped Saturday after interviewing a Tuareg rebel leader in Kidal.

- The northern town is under de facto rebel control despite the presence of French and UN troops.

Egypt

Photojournalist gets suspended prison term

An Egyptian military official says a military court has given Sinai-based photojournalist Mohammed Sabry a six-month suspended sentence for filming military installations in the restive peninsula.

Sabry was arrested in January by Egyptian border guards in the city of Rafah. THE ASSOCIATED PRESS

Healthy baby boy

A notable Syrian arrival in Israel

A Syrian woman escaping her country's bloody civil war has given birth in an Israeli hospital.

The Israeli military has taken in dozens of wounded Syrians at its border over the past two years and transferred them to Israeli hospitals for care. But the Ziv Medical Center in the city of Safed said Sunday's event marked the first time a Syrian baby was born in Israel. THE ASSOCIATED PRESS

China

Beijing park probes cat deaths

Authorities at a famous Beijing park said Sunday that they were investigating the mysterious deaths of stray cats in recent weeks, as protesters accused park authorities of killing the animals.

The Temple of Heaven park has stepped up patrols in an effort to prevent more deaths and cat carcasses from being dumped inside, said a park spokesman. THE ASSOCIATED PRESS

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Following bad press

EBay apologizes, quickly removes Holocaust items

Online auction site eBay has apologized after a newspaper found apparent Holocaust memorabilia, including the clothes of concentration camp victims, being offered for sale.

THE ASSOCIATED PRESS

Random biz fact of the day

5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV. BEHIRING/NEXCARRER

JUSTIN SULLIVAN/GETTY IMAGES

Care for a spot of carbonated tea?

Brewing up change. Companies such as Starbucks are cashing in on the resurgence of tea, opening cool 'tea bars'

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas, or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

"Like wine, people are engaged by the complexities and the intricacies of tea," said Keith Howlett, an analyst with Desjardins, who watches trends in the retail industry.

"It's a familiar beverage and I think that's opened up possibilities." THE CANADIAN PRESS

Steeped in tradition

Starbucks opened its first "tea bar" in New York City, a symbolic step towards expanding its Teavana store base.

- The rollout could find a particularly receptive audience in Canada where tea is the fifth most popular beverage, with nearly 10 billion cups drank each year, according to Statistics Canada.

Starbucks is expanding its Teavana 'tea bars,' which currently includes 59 Canadian locations. NATHAN DENETTE/THE CANADIAN PRESS

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Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was Generation X: Tales for an Accelerated Culture. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

All work, low pay

Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called Untapped Potential: Creating a Better Future for Service Workers, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than $24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. **TORSTAR NEWS SERVICE**

GETTY IMAGES

Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

Random fact of the day

Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.

SOURCE: TIME.COM

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FORD SHOULD BE SIDELINED

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

You know the story by now. An alleged crack video. A denial by Mayor Rob Ford. A lengthy police investigation. A revelation by police Chief Bill Blair. And now, once again: Chaos at Toronto City Hall.

It seems like everyone with a soapbox has made an impassioned plea for Ford's resignation over the last few days. These calls are well-intentioned — rational, even — but they've also been ineffective. On the radio Sunday, with a long-winded but totally unambiguous attempt at apology, Ford made it clear he ain't going anywhere.

Which means the question isn't "will Ford resign?" It's "what next?"

The important thing is that city hall doesn't fall back to the status quo.

That's happened before. Facing scandal after scandal, Ford has somehow been able to wait out the storm and somehow get back to some semblance of normal business.

That shouldn't happen this time, if only because we're now staring at the concrete truth about Ford: With him, there is always more and it is always worse. Even if he somehow is able to wait out this scandalous story, there will be another scandalous story — days, weeks or months ahead — that plunges us right back into chaos.

This is not a cycle Toronto wants to be on. The business of the city is too important.

To break the cycle, two things need to happen.

First, the business community and the right-wing establishment in this city need to permanently jump off the Ford bandwagon. I get that they were all very excited to find a Toronto conservative candidate who was, for once, likeable and electable, but enough is enough.

For all this talk of the righteous "Ford agenda," the man isn't even that great at implementing it. There are at least a dozen local politicians who would be better at putting in place right-wing policies — without the baggage.

Second, Ford's colleagues on council, on both the left and the right, need to put in place a strategy to effectively work around the mayor. Some councillors have been laying the groundwork for this for a while, but it's time to kick it up a notch. Ideological differences need to be put aside in favour of what's best for the city, and that's a political climate that isn't defined by Ford.

Councillors have options. With a two-thirds majority voting for change, they could alter some of their procedural bylaws and restructure committees to curtail some of the mayor's ability to hold up business.

Some will call these kinds of tactics extreme, but if this isn't an extreme situation, what is? In other words, since the mayor won't quit, council should bench him.

Let him watch from the sidelines — there's work to be done.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

metro PHOTO CHALLENGE

Contest winner's ears must have been ringing

COURTESY ALEXANDER WHISTLERS

Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. METRO

Listen up

"When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face."
Urban Brådhe, contest judge

What else?

Visit metronews.ca for more photo contest submissions.

And check here tomorrow to view the second global winner.

CONTRIBUTED

WE ACT:
CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

Who: Jessie Jollymore (pictured), 54, green-thumbed go-getter
Where: Halifax, N.S.
What: Hope Blooms, a youth-led community garden
Why: "When you change the way you look at things, the things you look at change," says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than 2,000 pounds of communal crops annually.

What inspired you to get started? "I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, 'How do you plant things?' But we kept digging until we had over 3,600 square feet and a greenhouse."

What motivates the work you do every day? "These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids.

"There's an old saying that, 'It takes a village to raise a child,' but sometimes the children raise the village."

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
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SCENE

Fan fic

The Making of Star Wars

By. J. W. Rinzler

Kindle/Books

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@RealKrisAbel
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"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning $28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another $20.5 million in its second weekend.

THE CANADIAN PRESS

Need to illustrate your status update?

There's an app for that. When words aren't enough, Bitstrips supplies toons for your tales

ANDREA PARK
Metro World News in New York

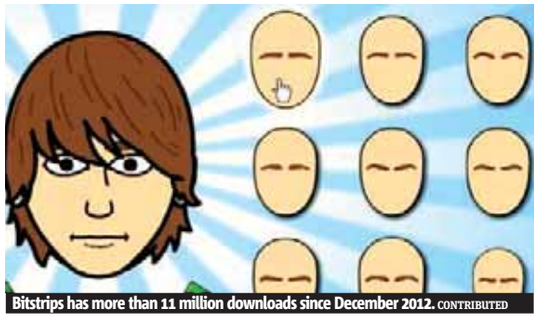
If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

1. Bitstrips is Canadian
"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's even been adopted by the Ontario school system for use in classrooms across the province.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED



Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

2. You are the star
You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

3. Your friends can join you in the comic strips
If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

4. You need to have Facebook to use Bitstrips
Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

5. You can change the Bitstrips scenes
While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. **WITH FILES FROM VAWN HIMMELSBACH**

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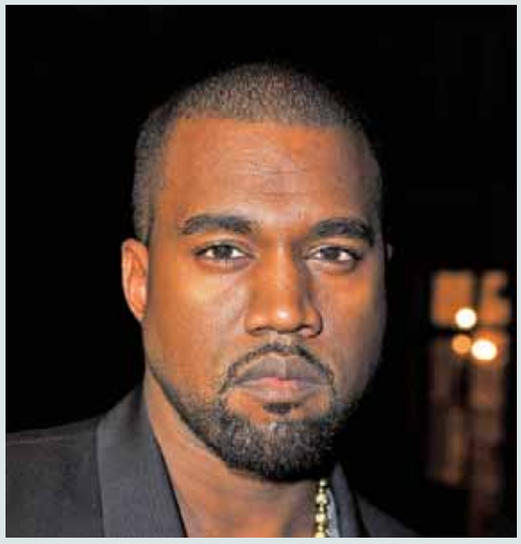
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The sky's the limit for Kanye's wedding

STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.

Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the mirror. It looks better looking than before." #priorities #eeeek #heyhowyoudoing.

Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"

Lady Gaga sends longtime enemy Kelly Osbourne a birthday cake and Kelly responds with "eat my bleep." Katie Holmes and Tori Spelling agree that grown women feuding like teenagers is really embarrassing.

Lindsay Lohan and Miley Cyrus hung out at a nightclub. Don't get all worked up. They probably just talked about their upcoming projects, shared helpful tips on dealing with having been child stars and then tore off their clothes and snorted drugs off the behinds of three waiters dressed as space lemurs.

Miley Cyrus

Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiancé Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, according to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.

Robert Pattinson

No day break for Twilight stars

Robert Pattinson and Kristen Stewart met up last week, but fans hoping for a reconciliation will have to keep waiting.

The meeting between the Twilight exes was reportedly "very platonic," a source tells TMZ. Their meeting was apparently just to discuss the two dogs they share, Bear and Bernie.

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Photo courtesy of Scott Ramsay

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Housework

It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping — and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you "wring out" the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMYCLUB.CA

Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. ISTOCK

Exclusively online

Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book Reasons Mommy Drinks, at metronews.ca/voices

The gift of not giving a thing

A new approach. One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS
YummyMummyClub.ca

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said. "He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?" In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

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Giving kids your time is more valuable than presents. ISTOCK

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First the pumpkin patch, then the world

This morning, my little girl is getting on a school bus and going to the pumpkin patch on a class trip.

I feel like crying. I wanted to go with her. The school said no parent volunteers. I wanted to keep her home. My husband said, "Let her go!"

I'm not sure I'm ready for my kiddo to grow up. To have experiences — without me!

I think I want her to stay my baby just a little big longer.

But this is all part of the parenting journey (or so they say).

First it's a class trip, then day camp in the summer. Before I know it, she'll be going over to her friends' houses without me and walking to school by herself. Inevitably, she'll grow up, whether I'm ready for her to or not.

It's all just a bit hard to swallow.

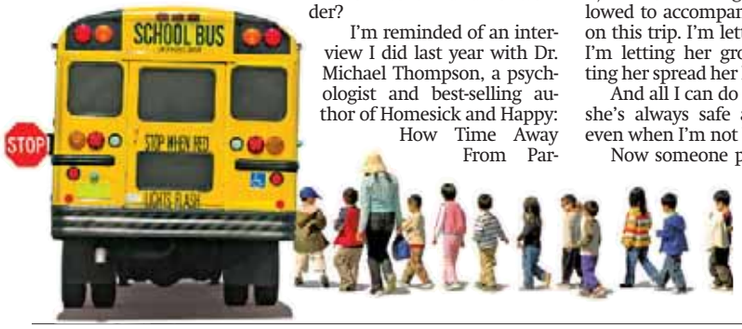
How do you let your kid grow up without getting in her way? How do you hide your apprehension so she can go out into the world and be brave and confident and full of wonder?

I'm reminded of an interview I did last year with Dr. Michael Thompson, a psychologist and best-selling author of Homesick and Happy: How Time Away From Parents Can Help A Child Grow. He said, "Modern parents think their presence always adds value to their kids lives, ... but this is not the case. You cannot give your child independence. You can only open the door and let your child walk out and have an experience on his or her own."

So, here I go. I'm opening the door. I'm not getting in my car and following that big yellow school bus all the way to the pumpkin patch (though, trust me, I've thought about it). I'm not insisting that I be allowed to accompany my child on this trip. I'm letting her go. I'm letting her grow. I'm letting her spread her little wings.

And all I can do is pray that she's always safe and happy, even when I'm not by her side.

Now someone pass me the wine — quick!



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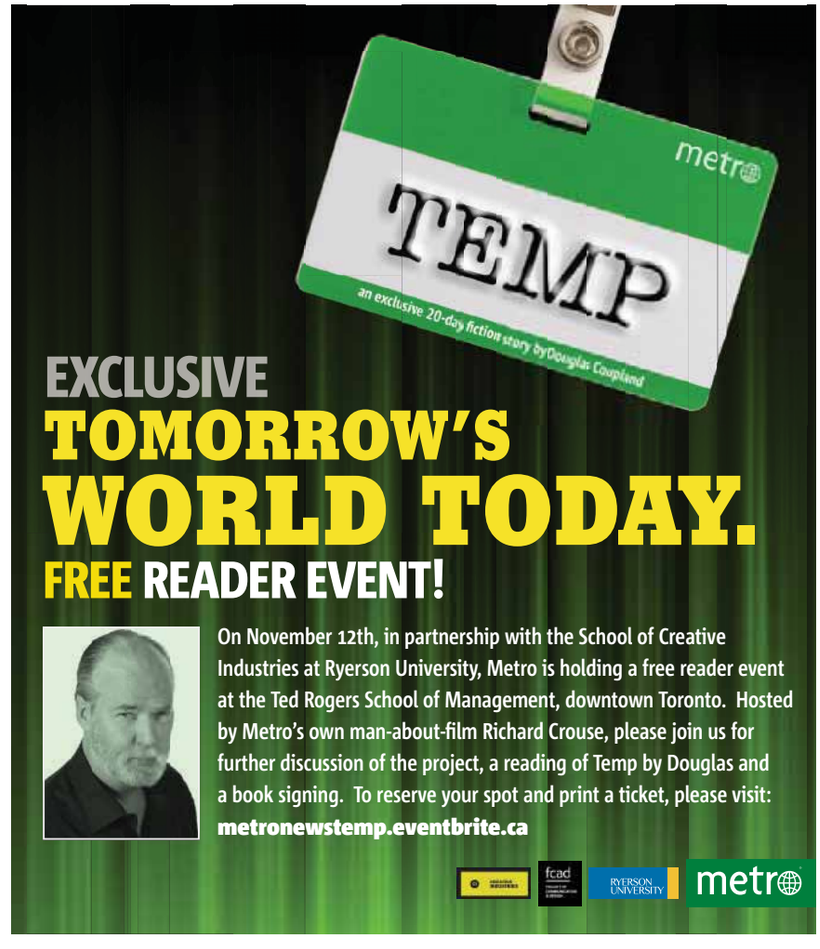

EXCLUSIVE
TOMORROW'S WORLD TODAY.
FREE READER EVENT!

On November 12th, in partnership with the School of Creative Industries at Ryerson University, Metro is holding a free reader event at the Ted Rogers School of Management, downtown Toronto. Hosted by Metro's own man-about-film Richard Crouse, please join us for further discussion of the project, a reading of Temp by Douglas and a book signing. To reserve your spot and print a ticket, please visit:
metronewstemp.eventbrite.ca

fcad | Ryerson University | metro

Start those 'staches: Movember marks 10 years of hairy upper lips

Worldwide campaign.
Annual event contributes millions to research and encourages men to take control of their health

Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over $147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like this: Participants register online and sign up sponsors.

Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to ca.movember.com, hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around. Join a team, go out on your own, or create your own team. METRO AND NEIL MORTON/FOR METRO

Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.
- The death rate has been declining significantly, by almost four per cent per year between 2001 and 2009 due to improved testing for prostate cancer and better treatment options.
- The chance of getting prostate cancer rises quickly after a man reaches age 50.

NEIL MORTON/FOR METRO

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*The donation applies to registrations received prior to December 1, 2013. The total donation will be limited to the first 1,000 registrations, or to a maximum of $5,000.
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Growing my first mo.
I didn't bring sexy back, but I sure felt empowered

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. NEIL MORTON/FOR METRO

Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

Men's health

Prostate cancer 101: Symptoms and prevention

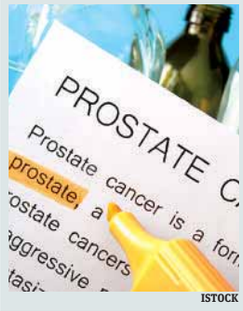
What is the prostate?
The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

What is prostate cancer?
Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

Signs and symptoms of prostate cancer:
- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Beware silent symptoms
Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

Diet and lifestyle
- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. METRO



ISTOCK

Can't grow a mo? You can still help raise money

Fundraising. Here are creative ways people across Canada are helping the cause

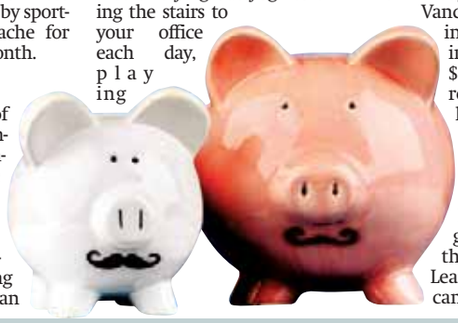
NEIL MORTON
For Metro

Mo Sistas
Women who support the power of the mo — a.k.a. Mo Sistas — are raising money and providing moral support. They can sign up at ca.movember.com and start or join a team and think of creative ways to raise funds. Rebecca Pyrah, for example, is a dedicated Mo Sista from Ottawa who raises money and awareness by sporting a theatre moustache for the duration of the month.

Walking
Rocco Rossi, CEO of Prostate Cancer Canada, is doing a pilgrimage on behalf of the organization, walking a thousand-year-old, 900-kilometre pilgrimage trail in northern Spain with nothing but a backpack. You can make an online donation at prostatecancer.ca/roccorossi.

Host a Movember gala
Throw a party in your workplace, home or at a bar to mark the end of Movember and thank your Mo Bros and Mo Sistas for their outstanding fundraising efforts. You can give out awards for best participants, such as ultimate mo, lame mo, Mo Bro and Mo Sista or best dressed couple.

MOVE
This new initiative encourages Mo Bros and Mo Sistas to be active, which is key to physical and mental health. Examples include everything from walking your first five kilometre race or trying out yoga to taking the stairs to your office each day, playing in a basketball tournament or doing crossfit. MOVE can also be a pledge to undertake small actions all month long. Learn more about MOVE at ca.movember.com.



MoVending machine
Fleming College in Peterborough, Ont., is introducing a MoVending Machine on campus, which will be stocked with moustache-related items such as key chains, earrings and scarves. The goal is not just to raise money, but to also raise awareness and get women on campus involved.

Cycling across Canada
Best buddies Jordan Gildersleeve, Kevin Shaw and Ben Frisby are riding from Vancouver to Toronto in the hope of raising awareness and $100,000 for prostate research and men's health.
Dubbed the Moustache Ride Across Canada, they're visiting schools, hospitals and organizations during their amazing trek. Learn more at moridecanada.ca.

Oil Rig Rumble
For the second year in a row, the Oil Rig Rumble will take place in Calgary. In 2012, 1,390 people from the oil and gas sector on 65 teams raised $1,268,005 for Movember Canada in the Oil and Gas Challenge, making it the second highest fundraising network in the country.

Teachers
Shawn Dalrymple, an elementary teacher at Hillmond Central School located just north of Lloydminster, Sask., leads a school-wide Movember effort to get everyone involved.

Art
An Edmonton artist named Saniya has gathered prominent local citizens to do Mo-Art on an everyday objects. This year they have chosen matryoshka dolls. Artists have until Nov. 15 to complete their work, and then the dolls will be auctioned off.

Police
Toronto Police have rallied around the cause of Movember, with 244 members participating in 2012 and more expected this year.

Anyone can help by raising money or providing moral support. ISTOCK

Talking prostates, ED and other health issues

LINDA CLARKE
Metro World News in New York City

Below-the-belt problems are embarrassing topics for men to talk about, even with their doctors. However, Dr. Gerald Chodak, author of the just-published Winning the Battle Against Prostate Cancer, says that talking with your doctor saves a lot of stress, and might just save your life.

Remember, your doctor's heard it all — and isn't there to judge. Here are just a few common questions we got Chodak to speak on.

Will I get prostate cancer?
The PSA blood test, developed in the 1980s, measures a protein produced by both cancerous and non-cancerous cells. If the PSA reveals a high count of the protein, a doctor then looks for cancer cells, and it's likely they will be found. But don't worry! These cells don't mean you have the disease.

"By the age of 20, 12 per cent of all men have cancer cells in their prostate," says Chodak. "By age 50, it's 30 per cent — and by age 80, it's around 70 or 80 per cent. If you look for cancer cells, you will find them, but most men are never in danger," says Chodak.

Your doctor has heard it all — and isn't there to judge — so don't be afraid to bring up prostate — or ED — related questions. ISTOCK

Men should be aware of their prostate cancer risk, especially those with a father or brother who has had the disease. "It almost doubles the risk," says Chodak. African-American men are also more likely to develop the disease.

There has been controversy surrounding the decision to get a PSA. Talk to your doctor about how to make the right choice for you.

Why do I have an enlarged prostate?
Prostatic hyperplasia, or enlarged prostate, is generally considered a benign condition, but it's uncomfortable. "It causes a range of urinary complaints including slowing of the (urine) stream, getting up to urinate at night, difficulty starting and stopping the stream and incomplete emptying of the bladder," Chodak says.

Unfortunately, we don't know the reasons behind it, but it can be treated. Medication and surgery are options, as is a new non-surgical choice, PlasmaButton, which claims to vaporize the enlarged prostate tissue away, reducing pressure on the urethra.

Why can't I get it up?
If you're facing this issue, know that you're not alone: "It helps to know that 40 million American men have the same problem with erections," says Chodak. "It's usually men in their 30s or 40s."

Chodak says you should bring the issue to the attention of your doctor, who can help you narrow down the cause behind it. "It can depend on weight and diet and drugs you might be taking — including recreational drugs." Your doctor can then supply medication and look into supplementing your testosterone to fix the problem.

To avoid erectile dysfunction (ED), skip the booze and the cigarettes. "Both cause vascular problems, and ED is largely a vascular condition," Chodak says. And eat right too: "A healthy diet helps maintain vascular function and will result in better erectile function."

Event

Metro's own music columnist Alan Cross will be among the speakers at the Gentleman's Expo taking place Nov. 22 to 24 at the Metro Toronto Convention centre. Visit gentlemensexpo.com for details about all the guests, events and pavilions taking part.

TBBS
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"Helping Toronto celebrate Movember in support of Prostate Cancer Research"
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Bloody Mary isn't just a drink (or a ghost in the mirror)

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

Ingredients

- 11.5-oz can V8 vegetable juice
- 3 tbsp fish sauce
- 3 tbsp Worcestershire sauce
- 3 tbsp prepared horseradish
- 1/2 tsp cayenne pepper
- 1 1/2 lbs chicken breast tenders
- 3 stalks celery, finely chopped
- 1/2 cup green olives, finely chopped
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 cup Peppadew peppers (or other sweet-hot peppers), chopped

3. When ready to cook the chicken, heat a grill to high. Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

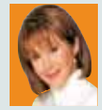
THE ASSOCIATED PRESS

Bloody Mary Chicken with Olive-Celery Tapenade

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



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Dinner. Chicken Cacciatore

1. Cook fettuccine according to package instructions.

2. Season chicken breasts with salt and pepper.

3. Place chicken in ovenproof dish and add onion, garlic, mushrooms, red pepper, Antonella's Roasted Garlic pasta sauce and white wine. Season with salt and pepper, to taste, then cover with aluminum foil and place in a 350 F preheated oven for 90 minutes.

4. Place chicken on top of cooked fettuccine and serve.

COURTESY ANTONELLA'S PASTA SAUCES

Ingredients

- 1 package of fettuccine (375 g)
- 8 chicken breasts
- Salt and pepper, to taste
- 1 onion, minced
- 2 garlic cloves, chopped
- 1 dozen mushrooms, quartered
- 1 red pepper, thinly sliced
- 1 box (750 ml) of Antonella's Roasted Garlic pasta sauce
- 1 cup of white wine

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Work wise: Don't let the temp be dropped

Part-timer pointers. If you don't want to be permanently pushed from your temporary position, avoid these mistakes

VAWN HIMMELSBACH
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in, here are five things you should avoid on the (temporary) job:

Don't reorganize your co-worker's desk

If you're temping to fill in for someone who's sick or on vacation, there's a good chance you'll be sitting at their desk.

While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up their workspace or reorganize files on their computer (or leave your own cookie crumbs on their keyboard).

Don't get involved in office politics

If you're temping on a regular basis for the same company, it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot.

But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract.

If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on.

If you don't take care of yourself, no one else is going to do it for you.

Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).
- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.

Don't make a mess of this pending position. ISTOCK

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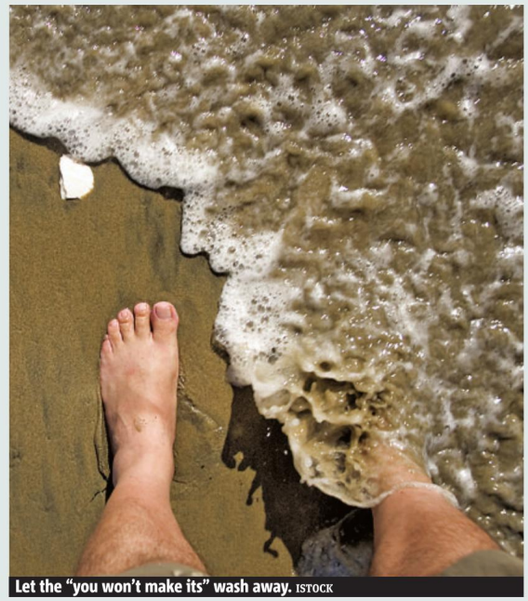
'Round the world wisdom

Facing adversity? Failure is only information

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stefan Danis
life@metronews.ca



Let the "you won't make its" wash away. ISTOCK

We all experience failure. But do we always learn valuable lessons? Though failure can be harsh, it oftentimes is a gateway to greater success.

In preparing for the Gobi Desert race, my failures occurred early in training. As a first-time runner, my technique was poor and, compounded with a lot of distance running, I got injured fast. In addition to stinging blisters and routinely sore muscles, shin splints were now a reality. Known as a debilitating runner's curse, the injury had my doctor prescribing two months of rest and suggesting I only train in the pool.

Back then, the finish line seemed further away than ever — a race that was over two months before it even began. Acknowledging reality, I accepted failure, but made the decision to reframe it as "just information."

Committing myself to in-pool training, I found myself clasping a floatie alongside the lovely grannies of the early morning aqua-fitness class. Repeatedly watching a video showing proper running technique, I adapted my own method. I relentlessly practised in the pool, where the water's resistance allowed for slow motion running. My failure in training caused me to pause, review, and set a new training approach.

What had seemed impossible then happened. Ironically, my last step out of the water would be followed by my first step in the desert. After not actually running in over two months, and never having run more than half a marathon, I embarked on my first ever marathon.

Failure allowed me to hit reset and alter my technique. As unlikely as it may seem, failure can be the key to unlocking future successes.

STEFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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MLB

Tigers go young to replace Leyland

The Detroit Tigers hired Brad Ausmus as their new manager Sunday, turning to a 44-year-old ex-catcher with almost no managerial experience to replace Jim Leyland at the helm of the three-time defending AL Central champions.

THE ASSOCIATED PRESS

Rugby

All Blacks run over Canadians

The New Zealand Maori All Blacks scored six tries, with Jamison Gibson-Park accounting for two, en route to a 40-15 win over Canada in international rugby play Sunday. A sell-out crowd of 22,566 took in the game at BMO Field.

THE CANADIAN PRESS

The All Blacks' Jamison Gibson-Park carries the ball past Canada's Jon Phelan. CHRIS YOUNG/THE CANADIAN PRESS

NBA

Heat show sharing side vs. Wizards

LeBron James scored 25 points, Chris Bosh added 24 and the Miami Heat beat the winless Washington Wizards 103-93 on Sunday night to snap a rare two-game slide.

The Heat (2-2) had 32 assists on 37 field goals.

THE ASSOCIATED PRESS

NBA

"I'm just happy to be back on the floor."

Oklahoma City's Russell Westbrook, who had been sidelined for the past six months with a knee injury. The all-star point guard had 21 points, seven assists and four rebounds in his return to the Thunder lineup in Sunday night's 103-96 win against the Phoenix Suns, weeks earlier than expected.

Raptors Terrence Ross and Landry Fields defend O.J. Mayo of the Bucks on Saturday in Milwaukee. MIKE MCGINNIS/GETTY IMAGES

Casey calling on his veterans in crunch time

NBA. Raptors coach finding minutes for young players, but not at the expense of wins

The memories of this time a year ago must haunt Dwane Casey.

The recollections of a 3-19 start to the NBA season that killed it before it really began must be burned into his soul, a disastrous start exacerbated by the slower-than-hoped-for development of young Raptors, whose errors of inexperience played a large role in that wretched time.

They must have had a lasting impact on him because in this, his final contractual year as the team's head coach, it is age and experience that trumps all.

It's why his proven starters and most cerebral and trusted backup are finishing games. The coach is not going to let anything slip away because he has kids who are still learning to play out there at crunch time.

The unsung hero

Landry Fields has become the team's most versatile player early in the season with his ability to defend multiple positions. The four-year veteran has become something of the coach's security blanket.

- Much has been made about Fields' shooting woes — he's still not 100 per cent back from nerve surgery a year ago — but the other things he does matters more. Hard backdoor cuts for easy baskets, the ability to defend wings and small big men make him stand out and be appreciated by teammates and the coaching staff.

Oh, and he likes the youngsters and expects them to be good. He likes winning more.

That's why Landry Fields finished Saturday's win over Milwaukee over both Jonas Valanciunas and Terrence Ross. Casey didn't feel there was a good enough match for Valanciunas defensively so the coach went with a small lineup, and when Ross blew consecutive assignments in an unsuccessful attempt to cover O.J. Mayo, in came Fields with Rudy Gay shifting to a small power forward.

Mayo was stopped, Gay got a couple of huge rebounds and the guys who had been there before got the job done.

"Experience in this league is huge and we're getting T. Ross experience, we want to get some experience, but I just think our veterans right now closing games is important," Casey said after Toronto went to 2-1 on the season by beating the Bucks.

Last season's disastrous start — the year was effectively over by the start of December — has to resonate with Casey. He won't abide with mistakes of youth in an effort to teach lessons, he will play the combinations he thinks will give him the best chance to win every night.

TORSTAR NEWS SERVICE

Chiefs enter bye week on a high

Kansas City Chiefs cornerback Sean Smith was exhausted after he returned an interception 100 yards for a touchdown.

"I was definitely happy I made it," Smith said. "I wanted to celebrate, but I was too tired."

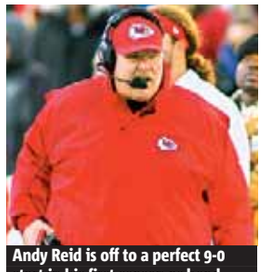
That's fine, because the Chiefs are suddenly breathing easier after their defence kept Kansas City's perfect start intact.

Smith's interception and linebacker Tamba Hali's 11-yard fumble return for a TD aided the Chiefs in overcoming a pedestrian offence and their own leaky defence in securing a 23-13 win over the Buffalo Bills on Sunday.

Kansas City (9-0) remained the NFL's only undefeated team and matched the best start in franchise history, set in 2003. The Chiefs now enter their bye week before a key AFC West showdown against the Denver Broncos (7-1) on Nov. 17.

If the only thing perfect about the Chiefs is their record so far, coach Andy Reid refuses to make any apologies.

"We're not going to make excuses for it," said Reid, who in his first year has the Chiefs continuing their worst-to-first run after a 2-14 finish last season. "We're pretty happy that we got the touchdowns. We'll take them any way we can get them." THE ASSOCIATED PRESS



Andy Reid is off to a perfect 9-0 start in his first season as head coach of the Kansas City Chiefs. GETTY IMAGES

Injuries have Leafs hurting up middle

NHL. Centres Kadri, Smith, McClement likely to receive more ice time in the absence of Bolland, Bozak

Dave Bolland is helped off the ice by Leafs teammates Mason Raymond and David Clarkson in Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

At Maple Leafs practice the other day, Nazem Kadri was skating routine warm-up strides when he suffered a minor humiliation. He lost his footing, slid helplessly out of control on his keister and broke the relative silence of an empty Rogers Arena with a noisy crash into the sideboards.

His teammates offered the obligatory chorus of sarcastic howls and stick taps, but nobody appeared to take as much pleasure in Kadri's good-natured shaming than head coach Randy Carlyle, who slammed his stick on the ice and smiled.

"Finish your lap! Finish your lap!" urged the coach.

In the wake of Saturday's unpleasant developments in Leafland, it turns out that every little bit of cardio will come in handy for certain ranks of Leafs left untouched by injuries.

By now, Leafs Nation knows the dim details all too well. One Toronto centreman, Dave Bolland, is recovering from surgery to repair the effects of a skate blade that pierced his ankle area in Saturday's 4-0 loss to the Canucks. Another, Tyler Bozak, has already missed four straight games with a lower-body injury and will not be available for most of the coming three weeks.

Given that Bolland and Bozak had been combining to play about 38 minutes a game — given that Bolland has oftentimes been Toronto's best player this season — it's an understatement to say the centre of the hockey universe is suddenly lacking in the middle.

It means the likes of Kadri, Jay McClement and fourth-line centre Trevor Smith should expect heavier minutes in the games to come.

"It's a challenge and I accept any challenge that's thrown at me," Kadri said on Saturday night.

"And even though we're hurting down that one position, everyone's got to rally around each other. This is really when you see what teams are made of." TORSTAR NEWS SERVICE

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
N.Y. Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
N.Y. Rangers	13	6	7	0	25	38	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	13	3	6	4	26	38	10
Philadelphia	13	4	9	0	21	37	8

Sunday's results
Calgary 3 Chicago 2 (OT)
Dallas 4 Ottawa 3 (SO)
New Jersey at Minnesota
Saturday's results
Anaheim 6 Buffalo 3
Chicago 5 Winnipeg 1
Colorado 4 Montreal 1
Detroit 5 Edmonton 0
Nashville 4 Los Angeles 3
N.Y. Islanders 3 Boston 1

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
St. Louis	12	8	2	2	44	29	18
Minnesota	14	7	4	3	34	34	17
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	14	10	1	3	53	27	23
Anaheim	15	11	3	1	50	39	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for an overtime/shootout loss.

N.Y. Rangers 5 Carolina 1
Philadelphia 1 New Jersey 0
Phoenix 3 San Jose 2 (SO)
Pittsburgh 3 Columbus 0
Tampa Bay 4 St. Louis 2
Vancouver 4 Toronto 0
Washington 3 Florida 2 (SO)
Monday's games
All Times Eastern
Anaheim at N.Y. Rangers, 7:30 p.m.
Detroit at Winnipeg, 8 p.m.

MLS PLAYOFFS

All Times Eastern
CONFERENCE SEMIFINALS
(two-game, total-goals series)
EASTERN CONFERENCE
New York vs. Houston
Sunday's result — New York 2 Houston 2
Wednesday — Houston at New York, 8 p.m.
Kansas City vs. New England
Saturday's result — N.England 2 Kansas City 1
Wednesday — New England at K.C., 9 p.m.
WESTERN CONFERENCE
Portland vs. Seattle
Saturday's result — Portland 2 Seattle 1
Thursday — Seattle at Portland, 11 p.m.
Salt Lake vs. Los Angeles
Sunday's result — Salt Lake at Los Angeles
Thursday — Los Angeles at Salt Lake, 9 p.m.

NFL

WEEK NINE

Sunday's results
Carolina 34 Atlanta 10
Cleveland 24 Baltimore 18
Dallas 27 Minnesota 23
Kansas City 23 Buffalo 13
New England 55 Pittsburgh 31
N.Y. Jets 26 New Orleans 20
Philadelphia 49 Oakland 20
Seattle 27 Tampa Bay 24
Tennessee 28 St. Louis 21
Washington 30 San Diego 24
Indianapolis at Houston
Thursday's result
Miami 22 Cincinnati 20 (OT)
Monday's game — All Times Eastern
Chicago at Green Bay, 8:40 p.m.

CFL

WEEK 19

EAST

	GP	W	L	T	PF	PA	Pt
y-Toronto	18	11	7	0	507	458	22
x-Hamilton	18	10	8	0	453	468	20
x-Montreal	18	8	10	0	459	471	16
Winnipeg	18	3	15	0	361	585	6

WEST

	GP	W	L	T	PF	PA	Pt
y-Calgary	18	14	4	0	549	413	28
x-Saskatchewan	18	11	7	0	519	398	22
x-B.C.	18	11	7	0	504	461	22
Edmonton	18	4	14	0	421	519	8

x — clinched playoff berth; **y** — won division.
Saturday's results
Hamilton 37 Winnipeg 7
Edmonton 30 Saskatchewan 26
End of Regular Season
Friday's results
B.C. 26 Calgary 7
Montreal 23 Toronto 20
PLAYOFFS
Sunday, Nov. 11
Division Semifinals — All Times Eastern
East — Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.
West — B.C. at Saskatchewan, 4:30 p.m.

NBA

Sunday's results
Detroit 87 Boston 77
Miami 103 Washington 93
Minnesota 109 New York 100
Oklahoma City 103 Phoenix 96
Orlando 107 Brooklyn 86
Atlanta at L.A. Lakers
Saturday's results
Dallas 111 Memphis 99
Golden State 98 Sacramento 87
Houston 104 Utah 93
Indiana 89 Cleveland 74
New Orleans 105 Charlotte 84
Philadelphia 107 Chicago 104
Portland 115 San Antonio 105
Toronto 97 Milwaukee 90
Monday's games — All Times Eastern
Golden State at Philadelphia, 7 p.m.
Minnesota at Cleveland, 7 p.m.
Boston at Memphis, 8 p.m.
Houston at L.A. Clippers, 10:30 p.m.

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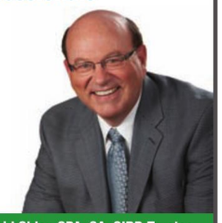

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Horoscopes

♈ Aries
March 21 - April 20
A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

♉ Taurus
April 21 - May 21
Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

♊ Gemini
May 22 - June 21
Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

♋ Cancer
June 22 - July 23
If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

♌ Leo
July 24 - Aug. 23
It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

♍ Virgo
Aug. 24 - Sept. 23
Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

♎ Libra
Sept. 24 - Oct. 23
Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

♏ Scorpio
Oct. 24 - Nov. 22
Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

♐ Sagittarius
Nov. 23 - Dec. 21
Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

♑ Capricorn
Dec. 22 - Jan. 20
Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

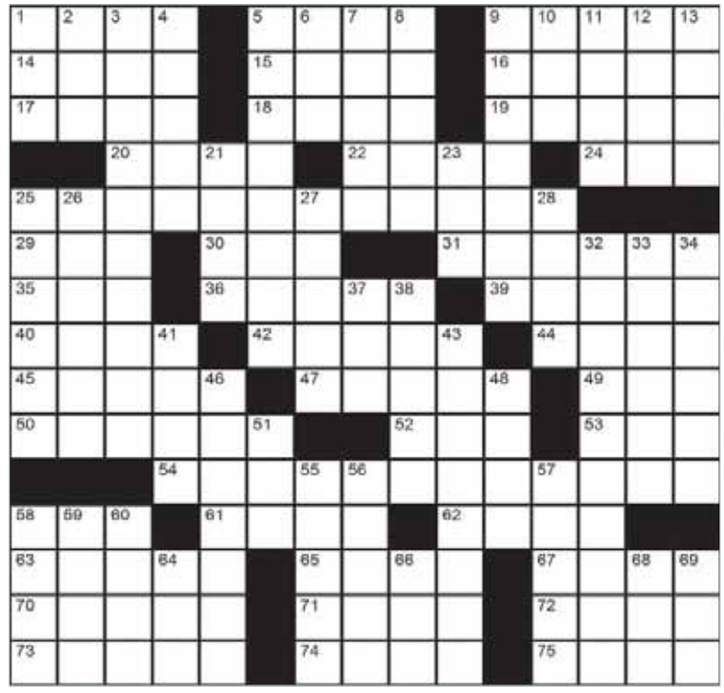
♒ Aquarius
Jan. 21 - Feb. 19
You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

♓ Pisces
Feb. 20 - March 20
Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

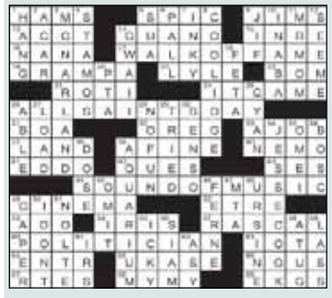
BY KELLY ANN BUCHANAN



Across
1. Operatic soprano Ms. Gluck
5. Tennis great, Bjorn __
9. Bob or Doug McKenzie
14. Central places
15. Thought
16. Quebec-set flick, "Mon __ Antoine" (1971)
17. Palm starch
18. Sporty stuff
19. Port city of Japan
20. Unfortunately
22. Make supper
24. Internet connection letters
25. The Royal __ Winter Fair, every November in Toronto
29. Ms. Streep, to pals
30. Inflated id
31. St. __, Ontario
35. "__, _ don't know." (Unsure reply)
36. "Bolero" composer
39. Hagar the Horrible's dog
40. Trails
42. Pave the road again
44. Knife part
45. Book drawing, for short
47. Coffee choice
49. "__ Wiedersehen!"
50. Antarctica penguin
52. Tokyo, once
53. Ms. Thompson of Back to the Future (1985)
54. Employee 'gaining work experience' at a company: 2 wds.
58. Assoc.
61. The __ In The Hall
62. Sea of __ (Black Sea arm)
63. Queen's fave dog
65. "Curses!"
67. Biblical peak
70. NHL coach Mr. Vigneault
71. Deodorant's pal
72. Was aware
73. ___ _ (Pronounciation-wise, first letter of 'Geneva')
74. __-Dokie
75. Rugged off-road rides, commonly

Down
1. Mr. Pacino's
2. Hawaii's Mauna __
3. Kate & Anna __ (Canadian singer/songwriter sisters)
4. Garlic sauce
5. "If I Had My Way" band from Toronto: 2 wds.
6. Poet's creation
7. Respond
8. Single-named singer from Sherbrooke
9. Pipes like The Caterpillar's in Alice in Wonderland
10. Green light switches
11. Kind of fish
12. Caribou cousins
13. Actual
21. Computer firm
23. Food scrap
25. Aviator Ms. Earhart
26. Actor Mr. McRaney
27. Adored
28. Isolated
32. Team Figure Skating, a new __ __ to debut at the 2014 Winter Olympics
33. Quarrelling one
34. The Vampire Diaries character
37. Pre l'Automne month
38. Straight-__
41. Star Trek role
43. Glow
46. How the Titanic spent its last moments alas
48. Happy Days character, The __
51. Prefix meaning 'Over'
55. Beef up: 2 wds.
56. Singer/actor Chris
57. Toy truck
58. Wood sorrels
59. Chocolate-coated caramel candy
60. Tennis great Steffi
64. "Be off!"
66. Gladiator's 1051
68. Ms. D'Angelo, to pals
69. Painful expressions

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	3	5	8	4	2	9	1	6
9	8	1	7	5	3	4	2	8
4	8	2	9	1	6	5	3	7
6	4	3	5	9	8	1	7	2
8	2	7	4	3	1	6	9	5
1	5	9	6	2	7	8	4	3
2	1	6	3	8	4	7	5	9
5	7	4	2	6	9	3	8	1
3	9	8	1	7	5	2	6	4

			5				9	
						2	7	
8			2	1		4		5
9				3			4	
4	7						3	2
	1			9				6
6		4		5	7			8
	8	5						
	9				3			

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5°/4°
Variable

Tuesday
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